

**RECORD OF PERFORMANCE QUALIFICATIONS**  
**FS**

**INSTRUCTIONS**

Record of Performance Qualifications shall be completed for enlisted personnel of the Coast Guard as outlined in the Enlisted Performance Qualifications Manual, COMDTINST M1414.8 (series). Personnel are required to demonstrate proficiency in all performance qualifications for the next higher pay grade prior to advancement. As proficiency in each performance qualification is demonstrated by actually performing the task listed, the DATE and INITIALS column shall be completed. Some enlisted performance qualifications include Supervisory Guidelines (SupGuide), which will assist in clarifying the intent and proper execution of the task that is to be performed. Personnel are reminded that, although demonstration and sign-off of new performance qualifications at or below the current pay grade is not required for advancement the qualifications will be used to develop future Service Wide Examinations. It is the member's responsibility to be proficient in all currently published performance qualifications, up to and including those of their present pay grade for their specific rating to facilitate mentoring junior personnel in their charge.

Reference material should be available through the U.S. Coast Guard Directives System Intranet site accessible at <http://cgweb.uscg.mil/g-c/g-ccs/g-cit/g-cim/directives/welcome.htm>, U.S. Coast Guard Directives System Internet site accessible at <http://www.uscg.mil/ccs/cit/cim/directives/welcome.htm>, your unit, the CG Institute, or from other government sources. A listing of reference material (hyperlinks provided where available) is located at the end of this Tab.

This revision to the FS EPQs updates references and corrects some grammatical errors in the 12-03 edition. Those personnel that are in the process of qualification signed-offs are to have verification signatures transferred to this newer EPQ edition by their supervisor.

**RATING**

FOOD SERVICE SPECIALIST (Effective for the MAY 2005 Active Duty and the OCT 2005 Reserve SWE)

**ABBREVIATION**

FS

**DATE COMPLETED ALL PERFORMANCE QUALIFICATIONS FOR RATE LEVEL**

**E-4**

**E-5**

**E-6**

**E-7**

**E-8**

**E-9**

**NAME** (Last, First, Middle Initial)

**EMPLID NUMBER**

**SIGNATURE OF SUPERVISOR**

[illegible]

REMARKS

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>A. FOOD PREPARATION</b></p> <p><b>SupGuide:</b> For each of the tasks listed in this section, the member will safely operate the required equipment including: energizing, controlling, securing, cleaning, and sanitizing.</p> <p><b>4.A.01 PERFORM</b> the three types of recipe adjustments IAW Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.02 PERFORM</b> the following cutting techniques on at least two different food items IAW “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Dice</li> <li>• Mince</li> <li>• Chop</li> <li>• Slice</li> </ul> <p><b>SupGuide:</b> Member will be required to display two proper techniques using the appropriate knife for each.</p> <p><b>4.A.03 COOK</b>, progressively, two items from an approved weekly menu IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.04 PREPARE</b> brewed coffee, drink-mix, and brewed iced tea IAW “Professional Cooking” by Wayne Gisslen, Armed Forces Recipe Service (AFRS), NAVSUP Publication 7 and product instructions.</p> <p><b>SupGuide:</b> Supervisor will ensure member selects a different meat for each cooking method listed in EPQ 4.A.05 through EPQ 4.A.07.</p> <p><b>4.A.05 PREPARE</b> at least one of the following meats using dry heat cooking method. IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Poultry</li> <li>• Beef</li> <li>• Pork</li> <li>• Seafood</li> </ul>		
NAME (Last, First, Middle Initial)	EMPLID NUMBER	

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>4.A.06 PREPARE</b> at least one of the following meats using moist heat cooking method IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Poultry</li> <li>• Beef</li> <li>• Pork</li> <li>• Seafood</li> </ul> <p><b>4.A.07 PREPARE</b> at least one of the following meats with the dry heat using fat/frying cooking method IAW “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Poultry</li> <li>• Beef</li> <li>• Pork</li> <li>• Seafood</li> </ul> <p><b>4.A.08 PREPARE</b> the following sauces IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Brown sauce</li> <li>• White sauce</li> <li>• Tomato sauce</li> </ul> <p><b>4.A.09 PREPARE</b> the following cold sauces IAW “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Tartar sauce</li> <li>• Cocktail sauce</li> </ul> <p><b>4.A.10 PREPARE</b> a clear/light soup IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p>		
NAME (Last, First, Middle Initial)	EMPLID NUMBER	

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>4.A.11 PREPARE</b> a heavy/thick soup IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.12 CARVE</b> the following cooked meats IAW “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Whole turkey</li> <li>• Roast beef or pork</li> </ul> <p><b>4.A.13 PREPARE</b> the following eggs cooked to order IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Over easy</li> <li>• Over medium</li> <li>• Over hard</li> <li>• Scrambled</li> <li>• Omelet</li> </ul> <p><b>4.A.14 PREPARE</b> the following simmered egg products IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Poached</li> <li>• Soft cooked/boiled</li> <li>• Hard cooked/boiled</li> </ul> <p><b>4.A.15 WASH</b> fresh fruits and vegetables for consumption IAW “Professional Cooking” by Wayne Gisslen and the Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>4.A.16 PREPARE</b> at least one uncooked salad IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.17 PREPARE</b> at least one cooked salad IAW. “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p>		
<b>NAME</b> <i>(Last, First, Middle Initial)</i>	<b>EMPLID NUMBER</b>	

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>4.A.18 PREPARE</b> a fresh and frozen vegetable product IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.19 PREPARE</b> at least one rice product IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.20 PREPARE</b> at least one pasta product IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>4.A.21 PREPARE</b> potato products utilizing the following cooking methods IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Baked</li> <li>• Boiled/Simmered</li> <li>• Dry heat using fat/frying</li> </ul> <p><b>4.A.22 PREPARE</b> the following from raw ingredients IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• One-crust pie.</li> <li>• Two-crust pie</li> </ul> <p><b>4.A.23 PREPARE</b> a frosted sheet cake IAW “Professional Cooking” by Wayne Gisslen, Armed Forces Recipe Service (AFRS), NAVSUP Publication 7 and product instructions.</p> <p><b>SupGuide:</b> Member will be required to bake a sheet cake, prepare from raw ingredients a butter cream frosting/icing, and frost the cake.</p>		
<b>NAME</b> <i>(Last, First, Middle Initial)</i>	<b>EMPLID NUMBER</b>	

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>4.A.24 PREPARE</b> at least three of the following types of cookies from raw ingredients IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Bars</li> <li>• Ice Box/Refrigerated</li> <li>• Rolled</li> <li>• Dropped</li> <li>• Sheet</li> </ul> <p><b>4.A.25 PREPARE</b> the following yeast-raised products from raw ingredients IAW “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Soft Rolls</li> <li>• Sweet Roll Dough</li> </ul> <p><b>4.A.26 PREPARE</b> the following cooked cereals IAW product instructions:</p> <ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Grits</li> <li>• Cream of Wheat</li> </ul> <p><b>SupGuide:</b> Ensure member DOES NOT use instant products.</p> <p><b>4.A.27 PREPARE</b> the following quick bread products from raw ingredients IAW “Professional Cooking” by Wayne Gisslen and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7:</p> <ul style="list-style-type: none"> <li>• Pancakes</li> <li>• Muffins</li> <li>• Biscuits</li> </ul> <p><b>5.A.01 PREPARE</b> the following yeast-raised products from raw ingredients IAW “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• White Pan Bread</li> <li>• French Bread</li> <li>• Danish Pastry</li> <li>• Croissants</li> </ul>		
<b>NAME</b> <i>(Last, First, Middle Initial)</i>	<b>EMPLID NUMBER</b>	

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>5.A.02 PREPARE</b> the following desserts from raw ingredients IAW “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Baked Custard</li> <li>• Bavarian Cream</li> <li>• Chocolate Mousse</li> <li>• Foam/Sponge Cake</li> </ul> <p><b>5.A.03 DRAFT</b> a two-week cycle menu for approval IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series).</p> <p><b>SupGuide:</b> Completion of this task includes menu costing.</p> <p><b>5.A.04 DRAFT</b> a load guide for a two-week deployment using an approved two-week cycle menu IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series).</p> <p><b>5.A.05 DRAFT</b> a workflow plan for a specialty meal (i.e. Holiday, Special event) IAW “Professional Cooking” by Wayne Gisslen and any supervisor approved recipe book.</p> <p><b>5.A.06 MODIFY</b> a currently used recipe following the basic principles of nutrition IAW Coast Guard Food Service Manual, COMDTINST 4061.5 (series), Food Service Management General Messes, NAVSUP Publication 486, Coast Guard Health Promotion Manual, COMDTINST M6200.1 (series) and Armed Forces Recipe Service (AFRS), NAVSUP Publication 7.</p> <p><b>6.A.01 DRAFT</b> a six-week cycle menu for approval IAW Coast Guard Food Service Manual, COMDTINST 4061.5 (series).</p> <p><b>SupGuide:</b> Completion of this task includes menu costing.</p>		
NAME (Last, First, Middle Initial)	EMPLID NUMBER	



RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>B. UTENSILS AND EQUIPMENT</b></p> <p><b>4.B.01 MAINTAIN</b> safe serving temperatures utilizing the following IAW the Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486:</p> <ul style="list-style-type: none"> <li>• Steam Table</li> <li>• Chilled Salad Bar</li> </ul> <p><b>SupGuide:</b> Ensure that member continues to monitor equipment for safe serving temperatures throughout serving period.</p> <p><b>4.B.02 MAINTAIN</b> the following knives using a sharpening stone and steel IAW “Professional Cooking” by Wayne Gisslen:</p> <ul style="list-style-type: none"> <li>• Chef’s knife</li> <li>• Boning knife</li> <li>• Paring knife</li> </ul> <p><b>C. SAFETY AND SANITATION</b></p> <p><b>4.C.01 STORE</b> leftover food IAW the Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>4.C.02 CLEAN/SANITIZE</b> all food and non-food contact surfaces within food service spaces IAW Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>SupGuide:</b> Ensure trashcans are included while performing this task.</p> <p><b>4.C.03 WASH</b> dishes utilizing a dishwashing machine IAW the Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486.</p> <p><b>SupGuide:</b> The member will assemble operate, de-scale, and disassemble the dishwashing machine.</p> <p><b>4.C.04 WASH</b> dishes utilizing manual dishwashing procedures IAW the Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486.</p>		
<b>NAME</b> (Last, First, Middle Initial)	<b>EMPLID NUMBER</b>	

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>4.C.05 CLEAN/SANITIZE</b> ice machines IAW Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486.</p> <p><b>4.C.06 CLEAN/SANITIZE</b> reefers/freezers IAW Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486.</p> <p><b>5.C.01 INSPECT</b> food items upon delivery to ensure compliance with specifications IAW Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>5.C.02 INSPECT</b> all food handlers for compliance to hygiene and uniform standards IAW Food Service Sanitation Manual, COMDTINST M6240.4 (series) and Food Service Management General Messes, NAVSUP Publication 486.</p> <p><b>D. PROCUREMENT</b></p> <p><b>5.D.01 PREPARE</b> a procurement request, DOT F 4200.1, for supplies and services from commercial sources IAW Coast Guard Finance Center Standard Operating Procedures Manual, FINCENSTFINST M7000.1 (series) and the Federal Supply System.</p> <p><b>5.D.02 PROCURE</b> food items using one of the following methods IAW Coast Guard Simplified Acquisition Procedures Handbook, COMDTINST M4200.13 (series) and the Coast Guard Food Service Manual, COMDTINST M4061.5 (series):</p> <ul style="list-style-type: none"> <li>• IMPAC credit card</li> <li>• Prime Vendor</li> <li>• Blanket Purchase Agreement</li> </ul> <p><b>SupGuide:</b> Ensure member constructs accounting line data while performing this task.</p> <p><b>E. RECEIPT AND STORAGE</b></p> <p><b>5.E.01 VERIFY</b> a received food purchase receipt for accuracy IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series).</p> <p><b>SupGuide:</b> Member will ensure listed quantities are correct.</p>		
<b>NAME</b> (Last, First, Middle Initial)	<b>EMPLID NUMBER</b>	

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>5.E.02 STORE</b> received food items IAW Food Service Sanitation Manual, COMDTINST M6240.4 (series).</p> <p><b>SupGuide:</b> Ensure that member rotates stock utilizing First In, First Out (FIFO) rule.</p> <p><b>F. TRAINING</b></p> <p><b>6.F.01 DELIVER</b> a presentation to Food Service personnel on the basic principles of nutrition IAW "Professional Cooking" by Wayne Gisslen and Weight Management Self-Help Guide, COMDTPUB 6200.3 (series).</p> <p><b>7.F.01 TRAIN</b> subordinates in management procedures necessary to complete an end of month report using the following documents IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series).</p> <ul style="list-style-type: none"> <li>• CG-3123 Ration Memorandum</li> <li>• CG-3471 Daily Ration Cost Record</li> <li>• CG-3469 Provision Inventory Control Record</li> <li>• CG-4246 or NAVSUP 766 Provision Ledger</li> <li>• CG-3476 Individual Credit Account</li> <li>• CG-4261 Provision Inventory Report</li> <li>• CG-5269 Report of Survey</li> <li>• CG-3114 Adjustment Form</li> <li>• CG-2576 CG Dining Facility Operating Statement</li> <li>• Call Record Sheet</li> <li>• CG-4901 Meal Sign-In Sheet</li> <li>• Transmittal Letter</li> <li>• Cash Log</li> <li>• DD-1149 Requisition and Invoice/Shipping Document</li> <li>• Current BDFA message</li> <li>• Collection Acknowledgement receipts</li> <li>• Flight meal / Special meal request</li> </ul> <p><b>7.F.02 DELIVER</b> a presentation for Coast Guard Dining Facility patrons on healthy eating habits to include daily caloric, and nutrient intake IAW the Coast Guard Health Promotion Manual, COMDTINST M6200.1 (series), "Professional Cooking" by Wayne Gisslen and the Weight Management Self-Help Guide, COMDTPUB P6200.3.</p>		
<b>NAME</b> (Last, First, Middle Initial)	<b>EMPLID NUMBER</b>	

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>G. PAPERWORK AND INVENTORY MANAGEMENT</b></p> <p><b>5.G.01 PREPARE</b> an end of month "Physical Inventory" IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series).</p> <p><b>SupGuide:</b> Ensure that member uses Provision Inventory Report CG-4261.</p> <p><b>5.G.02 HANDLE</b> monetary funds IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series) to include the following:</p> <ul style="list-style-type: none"> <li>• Collection</li> <li>• Accountability</li> <li>• Security</li> <li>• Transmittal</li> </ul> <p><b>5.G.03 COMPLETE</b> a CG-2581 IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series) for each of the following tasks:</p> <ul style="list-style-type: none"> <li>• Issues to Mess</li> <li>• Sale of Stores</li> <li>• Transfer of Stores</li> <li>• Sale of Meals</li> </ul> <p><b>5.G.04 COMPLETE</b> the following documents for an end of month report using the Purchases Vs. Allowance Inventory Control System IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series):</p> <ul style="list-style-type: none"> <li>• CG-3123 Daily/Summary Ration Memorandum</li> <li>• CG-3471 Daily Ration Cost Record</li> <li>• CG-3476 Individual Credit Account</li> <li>• CG-4261 Provision Inventory Report</li> <li>• CG-5269 Report of Survey</li> <li>• CG-2576 CG Dining Facility Operating Statement</li> <li>• Call Record Sheet</li> <li>• CG-4901 Meal Sign-In Sheet</li> <li>• Transmittal Letter</li> <li>• Cash Log</li> <li>• DD-1149 Requisition and Invoice/Shipping Document</li> </ul> <p><b>SupGuide:</b> Supervisor will provide data/information to complete report.</p>		
<b>NAME</b> (Last, First, Middle Initial)	<b>EMPLID NUMBER</b>	

RATING: FOOD SERVICE SPECIALIST	INIT	DATE
<p><b>5.G.05 RECONCILE</b> credit card monthly statement IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series) and U. S. Coast Guard Finance Center Standard Operating Procedures Manual, FINCENSTFINST M7000.1 (series).</p> <p><b>5.G.06 PREPARE</b> the documentation needed for formal and informal relief of the Food Service Officer (FSO) IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series).</p> <p><b>6.G.01 COMPLETE</b> the following documents for an end of month report using the Perpetual Inventory Control System IAW Coast Guard Food Service Manual, COMDTINST M4061.5 (series):</p> <ul style="list-style-type: none"> <li>• CG-2581 Issues/Sales Slip</li> <li>• CG-3123 Daily/Summary Ration Memorandum</li> <li>• CG-3471 Daily Ration Cost Record</li> <li>• CG-3469 Provision Inventory Control Record</li> <li>• CG-4246 or NAVSUP 766 Provision Ledger Card</li> <li>• CG-3476 Individual Credit Account</li> <li>• CG-4261 Provision Inventory Report</li> <li>• CG-5269 Report of Survey</li> <li>• CG-3114 Inventory Adjustment Form</li> <li>• CG-2576 CG Dining Facility Operating Statement</li> <li>• Call Record Sheet</li> <li>• CG-4901 Meal Sign-In Sheet</li> <li>• Transmittal Letter</li> <li>• Cash Log</li> <li>• DD-1149 Requisition and Invoice/Shipping Document</li> <li>• Flight meal / Special meal request</li> </ul> <p><b>SupGuide:</b> Supervisor will provide data/information to complete report.</p>		
NAME (Last, First, Middle Initial)	EMPLID NUMBER	

## **GLOSSARY**

**Bake** – To cook food by surrounding with hot, dry heat; as in an oven.

**Carve** – To cut with care or precision; to cut into pieces or slices; to cut up and serve meat; to cut a solid material as so to form something.

**Clean/Sanitize** – Remove all visible impurities, then eliminate or reduce contaminants to an acceptable level.

**Complete** - Follow a process or procedure from initial identification to submission of any required reports or forms; provide with lacking parts or information.

**Cook** – To prepare food for eating by means of heat or other cooking methods.

**Deliver** - To present to an intended target or destination.

**Draft** - To draw the preliminary sketch, version, or plan of; a composition; submitted for approval.

**Handle** – A means of understanding or controlling an item or items.

**Inspect** – Examine officially, look at carefully.

**Maintain** – To preserve, fix, or keep in good repair; hold or keep in a state or condition.

**Modify** - To make minor changes in/to; alter or change somewhat the form or qualities of.

**Operate** - To perform a function. "Operate" is to turn on, control, and turn off a piece of equipment.

**Perform** – Carry out an action or pattern of behavior. To begin a task and carry through to completion in accordance with applicable instructions and regulations.

**Prepare** - To combine elements and produce a product. Example: Prepare a meal. To put together, make ready, put into a state of use.

**Procure** - To purchase a required item through an authorized process.

**Store** - To stock or deposit. Note: Store implies protecting from deterioration or pilferage.

RATING: FOOD SERVICE SPECIALIST

**Train** - To make proficient by instruction and practice. To convey knowledge, demonstrate skills; and measure the transfer of those skills and knowledge using a defined lesson plan and methodology.

**Verify** - To determine the accuracy of recorded information by comparing to physical evidence.

**Wash** – Clean by the flowing action of a liquid, especially water; the act or process or of rinsing.

**REFERENCE MATERIAL** (hyperlink provided where available)

Armed Forces Recipe Service (AFRS), [NAVSUP Publication 7](#)

Coast Guard Food Service Manual, [COMDTINST M4061.5](#) (series)

Coast Guard Health Promotion Manual, [COMDTINST M6200.1](#) (series)

U. S. Coast Guard Finance Center Standard Operating Procedures Manual,  
FINCENSTFINST M7000.1 (series) [FINCEN SOP](#)

Food Service Management General Messes, [NAVSUP Publication 486](#)

Food Service Sanitation Manual, [COMDTINST M6240.4](#) (series)

“Professional Cooking”, by Wayne Gisslen, ISBN-0471436259

Weight Management Self-Help Guide, [COMDTPUB P6200.1](#)

Coast Guard Simplified Acquisition Procedures Handbook,  
[COMDTINST M4200.13 \(series\)](#)